LIFESPAN PHYSICAL ACTIVITY

THE EARLY YEARS

- Movement is the basic language of the very young.

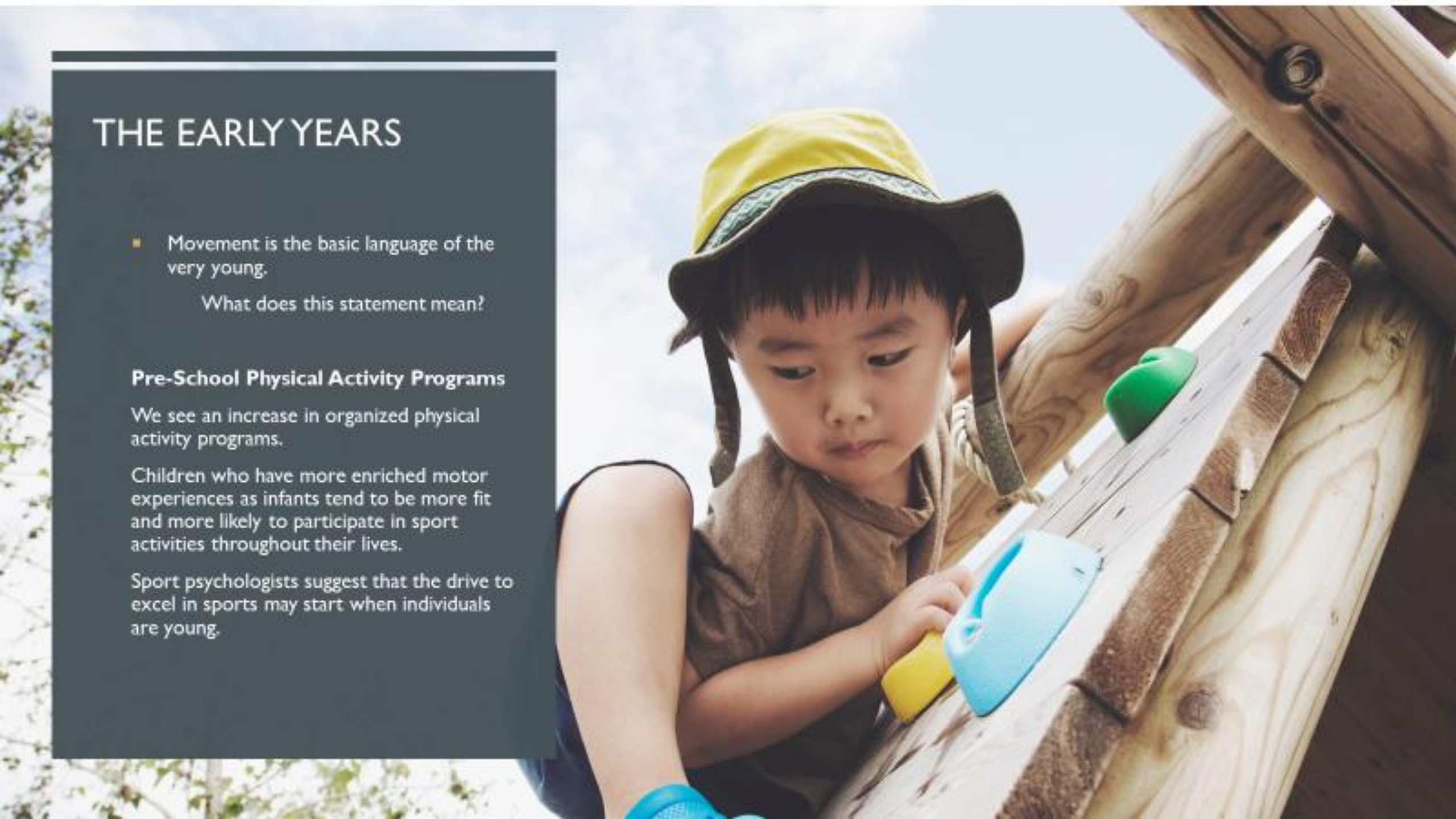
  What does this statement mean?

Pre-School Physical Activity Programs

We see an increase in organized physical activity programs.

Children who have more enriched motor experiences as infants tend to be more fit and more likely to participate in sport activities throughout their lives.

Sport psychologists suggest that the drive to excel in sports may start when individuals are young.



THE EARLY YEARS

Children's Sports

Children's sports have increased dramatically and offered at an earlier age.

Some sport offerings include year-round programs.

Downfalls vs. Benefits of children's sports.

Are children able to understand the team sport concept?

Most experts in child development agree that sport experiences for boys and girls up to the age of 11 should focus on learning game rules, playing different positions, using modified equipment, rules, and playing fields, limiting uniforms, and encouraging boys and girls to participate together.

Many believe that team sports should not be taught until 3rd grade.

THE EARLY YEARS

Children's Sports

AYSO Soccer is an example of an organized children's sports organization.

Do you know of other examples?

What should the rules be governing playing time, scoring, equipment, etc.?

Why?

THE NEW SETTINGS FOR PHYSICAL EDUCATION, SPORT, AND FITNESS

- Athletic Clubs
- Sport Clubs (tennis, golf, hunting, etc.)
- Sport and Fitness Centers
- Sport Medicine Clinics
- Home Gyms/Workout Areas
- Worksite Fitness/Wellness Centers

THE EMERGING CHARACTERISTICS OF LIFESPAN PHYSICAL ACTIVITY

- Importance of an early start.
- Eliminating Gender Stereotypes
- Age Stereotypes
- Emphasis from youths to adults
- Shift in the private sector
- Scientific Based
- New trained professionals
- Greater amounts of information available
- Technology